Sweet Potato Black Bean Burritos

I love stocking the freezer with these to have on hand for easy grab and go meals. My husband particularly loves eating these in the tractor during harvest. They are so hearty, filling, and comforting, plus they're packed with veggies. Choosing plant-based burritos is just one way we can help create a better world for animals.

by Molly Yeh

Ingredients

1 pound (454 grams) sweet potatoes, unpeeled and chopped into 1/2?inch cubes
3 tablespoons (38 grams) extra virgin olive oil, divided
Kosher salt
1/2 medium yellow onion, chopped
1 jalapen?o, seeded and finely chopped
2 garlic cloves, finely chopped
1 tablespoon (15 grams) tomato paste
1 tablespoon (8 grams) chili powder
1/2 teaspoon dried oregano
One 15-ounce (425-gram) can black beans, drained and rinsed
One 14.5-ounce (410-gram) can chopped tomatoes
3 ounces (85 grams/2 cups) baby spinach
8 ounces (226 grams) shredded vegan cheese
Handful of chopped cilantro
Freshly ground black pepper
Hot sauce
Juice of half a lime
Eight 10-inch whole wheat tortillas

Instructions

1. Preheat the oven to 425°F.

2. Toss the sweet potatoes in 1 tablespoon of oil and spread them out on a parchment-lined rimmed sheet pan. Season with a couple of good pinches of salt and roast for 10 minutes. Give them a toss and continue roasting until browned on the outside; begin checking at 6 minutes.

You’ll want them to still have a bit of a bite because when you reheat the burritos, the potatoes will continue to cook. You can also do this in an air fryer! (If you want to eat the burritos now and not freeze them, roast for a few more minutes, until the potatoes are tender.)

3. Heat a large skillet over medium-high heat and add the remaining 2 tablespoons (25 grams) olive oil. Add the onion, jalapen?o, and a pinch of salt and cook, stirring occasionally, until soft, 5 to 7 minutes.

4. Add the garlic, tomato paste, chili powder, and oregano and cook, stirring, until fragrant, another minute. Add the black beans, tomatoes, and spinach and simmer for about 7 to 10 minutes, stirring occasionally, until the spinach has wilted and most of the liquid has cooked off.

5. Add the sweet potato, cheese, cilantro, a few turns of black pepper, a few shakes of hot sauce, and the lime juice. Taste and adjust as desired.

6. Remove from the heat. Lay out a tortilla and mound about 3/4 cup of filling in the center. Fold the bottom of the tortilla over the filling, fold in the wings, and roll it up to finish. Wrap with plastic wrap or foil, then repeat with the rest of the burritos. Freeze for up to 3 months.

7. To reheat, remove the plastic wrap or foil and wrap in a paper towel or parchment. Microwave for 2 1/2 to 3 minutes, flipping once, until heated through. Let cool slightly before eating.

8. If you want to bring these to the next level, heat a thin layer of oil in a skillet and cook the (fully heated) burritos on each side until browned and crisp.